

# Laboratory Charter School

## Board Policies

<b>Policy Title:</b> <u>Wellness Policy on Physical Activity and Nutrition</u>	<b>Adopted:</b> November 2021
<b>Category:</b> Administration	<b>Revised:</b>

The Board of Trustees of Laboratory Charter School, in combination with stakeholders; students, parents, administrators, faculty and staff, is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating habits and physical activity. To fostering such a school environment, the LABORATORY CHARTER SCHOOL Board of Trustees sets forth and adopts the following Wellness Policy on Physical Activity and Nutrition.

### School Wellness Council

- LABORATORY CHARTER SCHOOL shall maintain a School Wellness Council consisting of individuals representing the school community. The Council may include, but shall not be limited to, parents, students, administrators, teachers, members of the Board of Trustees, representatives of the Food Service Management Company, and other members of the public. The School Wellness Council will be charged with assisting in the development, implementation, monitoring and reviewing of nutrition and physical activity goals for the LABORATORY CHARTER SCHOOL school community and will assist in menu planning.
- Stakeholders will be informed about LABORATORY CHARTER SCHOOL Wellness Policy and Assessment Report annually; and nutrition standards for all sold and non-sold foods and beverages available to students on school campus, including reference to federal Smart Snacks in School standards for all sold items through social media, LABORATORY CHARTER SCHOOL website, school newsletters, and Class Dojo. A sign-up process will be incorporated into LABORATORY CHARTER SCHOOL' annual August Professional Development program.
- The School Wellness Council will assist in evaluating the implementation of the Wellness Policy on Physical Activity and Nutrition. This evaluation will be conducted, at minimum, biennially.

### School Meals

- To the extent practical, all meals served to LABORATORY CHARTER SCHOOL students through the National School Lunch and Breakfast Programs will meet or exceed the minimum nutrition requirements established by local, state, and federal law, as well as Dietary Guidelines published by the federal government or an authorized governmental agency. Similarly, any foods and/or beverages sold to students from vending machines, through snack lines, at student stores, celebrations, athletic events, any school-sponsored or school-related event, or for the purpose of fundraising will, to the extent practical, meet or exceed the minimum nutrition

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requirements. Vending machines will not allow student access for soda and other drinks with minimal nutritional value.

- The Food Service Management Company contracted by LABORATORY CHARTER SCHOOL to supply meals under the National School Lunch Program will involve students and parents in menu selections for the school lunch and breakfast programs.
- LABORATORY CHARTER SCHOOL will make efforts to eliminate the social stigma attached to, and to prevent the identification of, students who are eligible for free and/or reduced-price school meals.
- LABORATORY CHARTER SCHOOL will schedule meal periods at reasonably appropriate times and will provide students with a minimum of twenty (20) minutes to enjoy their meals. In addition, the Charter School will discourage the scheduling of meetings or activities during mealtimes, including, but not limited to, tutoring, club meetings and/or organization meetings, unless the students will be permitted to eat during those meetings or activities.
- LABORATORY CHARTER SCHOOL will provide facilities for appropriate hygiene, such as handwashing and brushing of teeth.
- Students will be discouraged from sharing foods and/or beverages with others.
- LABORATORY CHARTER SCHOOL will not use foods or beverages of minimal nutritional value for the purpose of rewarding students for academic achievement or good behavior -- e.g., donuts, candy, or soda. Likewise, LABORATORY CHARTER SCHOOL will not restrict or withhold foods or beverages for the purpose of disciplining or punishing students.
- LABORATORY CHARTER SCHOOL will encourage an overall school environment that encourages students and staff to make healthy food choices.
- Foods of minimal nutritional value, as defined by federal or state law will not be offered to students, faculty, or staff during school hours, or at school-sponsored or school-related activities or events.

### **Nutrition Education and Promotion**

- Nutrition education will to the extent practical be integrated into other areas of the curriculum, such as math, science, language arts and social studies at all grade levels.

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- Nutrition education will be developmentally appropriate, interactive, and will teach skills needed to adopt healthy eating behaviors.
- Nutrition education materials will be reviewed by a qualified professional, including, but not limited to, a School Food Nutrition Specialist, Registered Dietitian or Registered Nurse.
- LABORATORY CHARTER SCHOOL will provide appropriate professional development opportunities to faculty and staff who teach nutrition education.
- LABORATORY CHARTER SCHOOL together with the Food Service Management Company will maintain a Bulletin Board near the cafeteria with a monthly theme on nutrition and healthy food choices.
- Through its website and the FBI parent organization, LABORATORY CHARTER SCHOOL will provide informational materials to students and families to encourage healthy eating in the home.
- LABORATORY CHARTER SCHOOL Wellness Council together with the Food Service Management Company will make available to parents and students' information regarding nutrient content of foods served in the lunch and breakfast programs.
- Through the efforts of the LABORATORY CHARTER SCHOOL Wellness Council, School Staff will be encouraged to model healthful eating.
- Parents will be discouraged from bringing in items of minimal nutritional value for classroom celebrations, and will be encouraged to offer fruits and other healthful alternatives as treats

### Physical Activity

- Physical activity will be integrated across curricula with activities that are safe, enjoyable, and developmentally appropriate for all students in all grades.
- Extended periods of inactivity, periods of two hours or more, will be discouraged for all LABORATORY CHARTER SCHOOL students and teachers will seek to incorporate Physical activity breaks during extended periods of instruction.
- To the extent practical organized, age-appropriate physical activity opportunities will be provided during recess.

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- LABORATORY CHARTER SCHOOL will make efforts to assure that all students are given opportunities before, after, and throughout the school day for physical activity through physical education, recess periods and integration of physical activity into the curriculum to accumulate at least 20 - 30 minutes of age-appropriate physical activity on all, or most days of the week.
- The Wellness Council will develop and disseminate resources to faculty and staff on how to integrate physical activity into the various curricular areas.
- Students will be moderately to vigorously active as much time as possible within the physical education class or as physically active within the physical education class as a documented medical condition or disability will allow.
- Organized physical activity will be offered and encouraged at school-sponsored or school-related events.
- Students will be encouraged to participate in physical activity outside of the school environment, in both competitive and non-competitive environments.
- To the extent practical, LABORATORY CHARTER SCHOOL facilities will be made available to students, faculty, staff, and the school community for the purpose of offering physical activity and/or nutrition programs.
- Physical activity will not be used or withheld as punishment.

### Annual Goals

- Each school year, the LABORATORY CHARTER SCHOOL Wellness Council will plan and sponsor two school events that encourage greater nutritional awareness and physical activity and help to raise funds to support future efforts - e.g., a health fair, walk-a-thon, jump-for-heart fundraiser, Biggest-Loser competitions, or other similar activities.
- Organized school fund raisers will reduce the number of food-related sales from year to year and will incorporate alternative non-food sales or sales of healthful selections.
- LABORATORY CHARTER SCHOOL will reduce the number of classroom celebrations that feature sweets (cupcakes) from year to year and will incorporate alternative healthful selections.
- LABORATORY CHARTER SCHOOL will increase its efforts to provide educational resources to and support families of students entering kindergarten or first grade who are overweight or obese.

### Contact Person

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**TO THE EXTENT THAT ANYTHING IN THIS POLICY COULD BE CONSTRUED TO CONFLICT WITH APPLICABLE STATE AND/OR FEDERAL LAWS, THE APPLICABLE STATE AND/OR FEDERAL LAWS CONTROL.**

ADOPTED this 17TH day of November, 2021

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President

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Secretary